



TRAINING PLAN

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Smash your 10k best in six weeks

Improve your run speed this autumn with coaching editor **Phil Mosley's** easy-to-follow training plan

If you're lacking motivation now that the triathlon season is almost over, this training plan could be for you. It's a six-week programme designed to help you get in great shape to run a 10km personal best, while still maintaining your bike and swim fitness. Entering a 10k is a particularly good idea at this time of year because it provides you with an immediate focus. It's such a popular distance that you won't even have to travel very far to find one.

The ability to run a good 10k is a

vital component of triathlon fitness, as it requires both speed and endurance. It's also one of those distances, a bit like a marathon, where people compare their best times. So there are plenty of reasons to train hard and do well.

If you want to smash your best time you'll need to practise running at your target 10k pace and faster. That's just what this training plan will help you do, with three different key workouts: anaerobic speed (short, fast efforts with long rests); aerobic speed (short

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IS THIS PLAN
FOR YOU?

Goal
10km run
race PB

Start point
Run 45mins

Level
Intermediate
to advanced

Timescale
6 weeks

efforts with short rests); and aerobic speed endurance (longer efforts with medium rests). To complete them, you'll need some way of measuring distance, such as a running track, a GPS watch or a treadmill. If you don't have any of these, you can substitute distance for time – eg if the session plan says '8x800m', estimate your best time for 800m, let's say three minutes, and run 8x3mins instead.

Even pacing is also very important in a 10k race, so you should record your times over the next six weeks and use them to estimate a realistic race pace. To improve your chances of running a good race, enter an event with a fast, flat course and keep your fingers crossed for light or no winds.

As well as the running sessions, there are bike rides and swims to do each week. For simplicity's sake, the swim sessions are given as main set only, but you should incorporate a warm-up and warm-down too. So at the beginning of your swims, include a few hundred metres of front crawl, drills, backstroke and kicking. And for your warm-downs, do at least five minutes of gentle swimming. Before you start, make sure to check out the Training Zones Guide and Key to the left.

6 WEEK PLAN TRAINING ZONES GUIDE

	DESCRIPTION	HEART RATE (%MAX)	RPE 1-10	ACCUMULATED	INTENSITY
21	Easy	55-70	<2	1-6hrs	Easy
22	Endurance	70-75	2-3	1-3hrs	Steady
23	Tempo	75-80	3-4	50-90mins	Moderate to hard
24	Threshold	80-88	4-6	10-60mins	Hard
25	VO ₂ max	89-100	>7	12-30mins	Hard to very hard

KEY

ALT Alternating between, **FC** Front crawl, **PULL** Front crawl with a pullbuoy float between your thighs, **KICK** Kick with a float held out in front, **DRILL** Your preference of swim technique drill, **STRIDES** Run for 20secs, building from slow to fast



	DAY		ESSENTIAL WORKOUT		OPTIONAL WORKOUT
WEEK 1	Mon		RECOVERY		RECOVERY
	Tue	Run (anaerobic speed)	WU 10mins Z2, 4x STRIDES MAIN 10x200m Z5 + 90sec rests WD 5mins Z1		RECOVERY
	Wed	Bike (aerobic speed)	WU 10mins Z2 MAIN 10mins Z3-Z4 + 3min rest, 9mins Z3-Z4 + 3min rest, 8mins Z3-Z4 + 3min rest WD 5mins Z1	Swim (technique)	MAIN 400m ALT 25m DRILL/25m FC Z2, 300m PULL Z2, 400m ALT 25m DRILL/75m FC Z2, 300m PULL Z2
	Thur	Run (aerobic speed)	WU 10mins Z2, 4x STRIDES MAIN 2x(8x200m Z4-Z5 + 20sec rests) + 4min rest WD 5mins Z1		RECOVERY
	Fri	Swim (speed)	MAIN 20x50m FC Z4 + 20sec rests	Run (easy)	MAIN 30min jog on soft ground Z1-Z2
	Sat	Bike (endurance)	MAIN 2-3hrs Z2. If you feel good, do a couple of hard hill efforts		RECOVERY
	Sun	Run (endurance)	MAIN 45mins Z2, off-road, on undulating terrain. Do the last mile in Z4		RECOVERY
WEEK 2	Mon		RECOVERY		RECOVERY
	Tue	Run (anaerobic speed)	WU 10mins Z2, 4x STRIDES MAIN 7x300m + 2min rests WD 5mins Z1		RECOVERY
	Wed	Bike (aerobic speed)	WU 10mins Z2 MAIN 6x3mins Z4 + 90sec rests WD 5mins Z1	Swim (endurance)	MAIN 500m FC Z2 + 15sec rest, 400m PULL Z2 + 15sec rest, 300m ALT 25m DRILL/75m FC Z2 + 15sec rest, 200m KICK Z2 + 15sec rest, 100m FC Z2
	Thur	Run (aerobic speed)	WU 10mins Z2, 4x STRIDES MAIN 3x(5x300m Z5 + 45sec rests) + 4min rests WD 5mins Z1		RECOVERY
	Fri	Swim (speed)	MAIN 4x250m FC (150m BUILD, 50m Z5, 50m Z1) + 30sec rests, 200m FC Z1, 2x200m FC (50m BUILD, 25m Z5, 50m Z1) + 20sec rest	Run (easy)	MAIN 30min easy jog on soft ground, Z1-Z2
	Sat	Bike (endurance)	MAIN 2-3hrs Z2. If you feel strong, do a 5min Z4 effort		RECOVERY
	Sun	Run (endurance)	MAIN 55mins Z2, off-road, on undulating terrain. Do the last mile in Z4		RECOVERY
WEEK 3	Mon		RECOVERY		RECOVERY
	Tue	Run (aerobic speed endurance)	WU 10mins Z2, 4x STRIDES MAIN 8x800m Z4 + 2min rests WD 5mins Z1		RECOVERY
	Wed	Bike (aerobic speed endurance)	WU 10mins Z2 MAIN 2x15mins Z3-Z4 + 5min rest WD 5mins Z1	Swim (technique)	MAIN 100m DRILL + 30sec rest, 400m FC ALT 200m Z1/200m Z3 + 30sec rest, 100m DRILL + 30sec rest, 300m PULL ALT 150m Z1/150m Z4 + 30sec rest, 100m DRILL + 30sec rest, 200m PULL ALT 100m Z1/100m Z4
	Thur	Run (aerobic speed endurance)	WU 10mins Z2, 4x STRIDES MAIN 3x(800m Z4 + 2min rest, 400m Z4 + 1min rest) WD 5mins Z1		RECOVERY
	Fri	Swim (speed)	MAIN 10x100m FC Z4 + 30sec rests	Run (easy)	MAIN 30min jog on soft ground Z1-Z2
	Sat	Bike (endurance)	MAIN 2-3hrs Z2. If you feel good, do a few of the hills at a low cadence of 55rpm		RECOVERY
	Sun	Run (endurance)	MAIN 1hr Z2, off-road, on undulating terrain. Do the last mile in Z4		RECOVERY



	DAY	ESSENTIAL WORKOUT		OPTIONAL WORKOUT	
WEEK 4	Mon		RECOVERY		RECOVERY
	Tue	Run (aerobic speed endurance)	WU 10mins Z2, 4x STRIDES MAIN 8x1km Z4 + 2min jog rests WD 5mins Z1		RECOVERY
	Wed	Bike (aerobic speed)	WU 10mins Z2 MAIN 5mins Z3-Z4 + 2min rest, 6mins Z3-Z4 + 2min rest, 7mins Z3-Z4 + 2min rest, 6mins Z3-Z4 + 2min rest, 5mins Z3-Z4 WD 5mins Z1	Swim (endurance)	MAIN 100m FC Z5 + 20sec rest, 200m PULL Z4 + 20sec rest, 300m FC Z3 + 20sec rest, 400m PULL Z2 + 20sec rest, 300m FC Z3 + 20sec rest, 200m PULL Z4 + 20sec rest, 100m FC Z5
	Thur	Run (aerobic speed endurance)	WU 10mins Z2, 4x STRIDES MAIN 6x1,200m Z4 + 2min rests WD 5mins Z1		RECOVERY
	Fri	Swim (speed)	MAIN 5x200m FC Z4 + 45sec rests	Run (easy)	MAIN 30min jog on soft ground Z1-Z2
	Sat	Bike (endurance)	MAIN 2-3hrs Z2. If you feel good, do a few 100m sprints for signs		RECOVERY
	Sun	Run (endurance)	MAIN 1hr5mins Z2, off-road, on undulating terrain. Do the last mile in Z4		RECOVERY
WEEK 5	Mon		RECOVERY		RECOVERY
	Tue	Run (aerobic speed endurance)	WU 10mins Z2, 4x STRIDES MAIN 6x1,600m Z4 + 2min jog rests WD 5mins Z1		RECOVERY
	Wed	Bike (aerobic speed)	WU 10mins Z2 MAIN 3x4mins Z4 + 2min rests WD 5mins Z1	Swim (technique)	MAIN 400m ALT 50m DRILL/50m FC Z2, 200m FC Z2, 400m ALT 25m DRILL/75m FC Z2, 200m PULL Z2
	Thur	Run (aerobic speed endurance)	WU 10mins Z2, 4x STRIDES MAIN 8x800m Z4 + 2min rests WD 5mins Z1		RECOVERY
	Fri	Swim (speed)	MAIN 8x50m FC Z4 + 20sec rests, 4x100m FC Z4 + 30sec rests	Run (easy)	MAIN 30min jog on soft ground Z1-Z2
	Sat	Bike (endurance)	MAIN 2-3hrs Z2. If you feel strong, go hard up the hills		RECOVERY
	Sun	Run (endurance)	MAIN 1hr10mins Z2, off-road, on undulating terrain. Do the last mile in Z4		RECOVERY
WEEK 6	Mon		RECOVERY		RECOVERY
	Tue	Run (aerobic speed endurance)	WU 15mins Z2, 4x STRIDES MAIN 2x1,600m Z4 + 2min jog rests WD 5mins Z1		RECOVERY
	Wed	Bike (aerobic speed)	WU 10mins Z2 MAIN 4x3mins Z4 + 90sec rests WD 5mins Z1	Swim (endurance)	MAIN 500m FC Z2, 400m PULL Z2, 300m ALT 25m DRILL/75m FC Z2, 200m KICK Z2, 100m FC Z2. No rests
	Thur	Run (aerobic speed endurance)	WU 10mins Z2, 4x STRIDES MAIN 2x800m Z4 + 2min rest WD 5mins Z1		RECOVERY
	Fri	Swim (speed)	MAIN 8x50m FC Z4 + 20sec rests		RECOVERY
	Sat		RECOVERY	Bike (recovery)	MAIN 1hr morning ride Z1-Z2. Save your legs for Sunday
	Sun	10K RACE			